

Ayden Meilleur

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Skills Summary

- Strong interpersonal skills with the ability to work well in a team setting or independently
- Exceptional organization and time management skills
- Proven clinical reasoning skills, ability to work under pressure, and attention to detail
- Ability to communicate information effectively through a variety of means including reports and presentations

Education

Master of Science in Occupational Therapy September 2018 – September 2020
McMaster University

Master in Human Kinetics September 2017 – August 2018
Laurentian University – 1 of 2 years completed then transitioned to McMaster

Honours Bachelor of Science: Specializing in Kinesiology September 2013 – May 2017
Laurentian University - Cum laude

Healthcare Work Experience

Occupational Therapist:

Health Sciences North – Sudbury, ON (HSN)

March 2021 – Present

- Working on an Assertive Community Treatment Team (ACTT) with client's living with severe mental health challenges
- Conducting assessments/interventions with clients to promote community integration and independent living skills
- Providing informal case management, communicating with community resources, and facilitating treatment adherence

North East Local Health Integration Network (LHIN)

September 2020 – March 2020

- Designed and executed treatment plans for clients to achieve rehabilitative goals (i.e. ADL retraining, transfers, etc.)
- Facilitated discharge through progress-tracking, equipment and service referrals, and in-home safety assessment

Abilities Rehabilitation Services - Private Practice (Automotive, WSIB) **October 2020 – Present**

- Worked independently developing patient-centered therapy with treatment goals post MVA
- Collaborated with stakeholders (i.e. insurers, lawyers, etc.) regarding funding and client needs

Student Occupational Therapist:

St. Joseph's Hospital – Inpatient Neurology Rehab

January 2020 – March 2020

- Worked alongside an interdisciplinary team (physiotherapist, speech-language, nurses, psychologist, doctors, etc.)
- Conducted assessments on physical and cognitive abilities related to neurological impairment and function

Anishnawbe Mushkiki Community Health & Wellness – Primary Care

January 2020 – March 2020

- Focus on development of the occupational therapist role in primary care at an Aboriginal Health Access Centre
- Provided specific recommendations based on a needs assessment about implementation of OT services in clinic
- Networked with interdisciplinary team, promoting the OT role and the benefits of OT within the clinic

St. Joseph's Continuing Care Centre – Inpatient Geriatric Rehab

July 2019 – August 2019

- Focused on improving the organization's dementia care strategy through development of a resource toolkit for staff
- Tasked with making institutional and environmental evidence-based recommendations to improve efficiency and care
- Advocated for change through meetings with rehabilitation staff, process and clinical managers

Entwistle Power OT – Private Practice (Automotive, WSIB)

March 2019 – April 2019

- Worked independently developing patient-centered therapy with treatment goals
- Focused on assessment of physical, cognitive, affective, social, and environmental aspects post motor vehicle accident

- Collaborated with stakeholders (i.e. insurers, lawyers, etc.) regarding funding and client needs

Cleghorn Early Intervention Clinic – Outpatient Mental Health

December 2018 – December 2018

- Worked alongside an interdisciplinary team (social work, nurses, recreation therapists, doctors, etc.)
- Conducted assessments concerning affective domains, readiness for change, return to work, social skills, etc.
- Utilized clinical skills such as motivational interviewing, behavioural activation, routine building, and aspects of CBT

Additional Work Experience

Independent Contractor – Data Analyst

April 2019 - June 2019

Neuropsychology standardized test scoring, data entry, report writing

Laurentian University – Summer Fellowship Researcher

May 2018 – August 2018

Literature review, data analysis, and drafting a research manuscript

Laurentian University – Graduate Teaching Assistant

September 2017 – April 2018

Evaluating, critiquing, and grading undergraduate assignments and/or exams.

Extracurricular/ Volunteer Activities

Laurentian University Varsity Athlete

August 2013 – December 2017

Athlete for the Laurentian Voyageurs Men’s Soccer Team

Laurentian University 50th Alumni Reunion

February 2016 – April 2016

Member of a risk management committee, required to create a health and safety manual for the Laurentian 50th alumni reunion

Achievements/ Certifications / Workshops

Peer-Reviewed Journal Publication - 2019

Meilleur, A., Ritchie, S., Oddson, B., McGarry, J., Pickard, P., Brunette, M.K. (2019). A retrospective study of the importance of a mandatory outdoor experience program at university. *Journal of Outdoor and Environmental Education*, 23(1), 1-20.

McMaster Faculty of Health Sciences School of Rehabilitation Sciences: Northern Studies Stream Award – 2020

Demonstrated exemplary interest and effort understanding and incorporating the healthcare issues of the northern practice

Gentle Persuasive Approach (GPA) Workshop – 2019

Completed 8-hour workshop that helps care providers deliver person-centered, compassionate care

DementiAbility Methods: Montessori Methods Workshop - 2019

Completed 2-day workshop learning about an innovative approach to working with older adults with cognitive and/or physical impairments

“Addictions 101” - 2019

Webinar: Ontario Society of Occupational Therapist

“Working with Indigenous Peoples: Learning Guide” - 2019

Northern Ontario School of Medicine Health Sciences and Inter-professional Education

G Class Driver’s License

Canadian Red Cross CPR/AED Level C

References Available Upon Request
